

PLAN FORWARD

YMCA DIABETES PREVENTION PROGRAM

Could you be at risk for diabetes and not know it?

Increase your awareness:

- *Take the American Diabetes Association test* on the back of this flyer (Score of 10 or higher)
- *Contact your Medical Provider*
- *Attend the Screening Event*
September 29th (information below)
- *Registration Begins:* September 21st
- *Registration Deadline:* October 5th



The YMCA will offer a 16-week group program focused on decreasing the risk for diabetes through the promotion of weight management, physical activity and healthy eating in a supportive group environment.

Program Includes:

- Use of the YMCA facilities and programs
- Group Meetings and support from trained YMCA Wellness Staff
- Educational materials and local resources
- Recipes and Nutrition education

Program Cost: \$25YMCA Members;\$100 Non-YMCA Members*

*Financial Assistance is available-Please contact the Hillary Conner at 509-662-2109



Attend the Screening Event:
Place: Wenatchee Valley YMCA
Date: Tuesday September 29th
Time: 9am-4pm

For more information contact:
WENATCHEE VALLEY YMCA
509-662-2109



Could You Have Diabetes and Not Know It?

Take the Test. Know your Score.

There are 18.2 million Americans with diabetes – and nearly one-third of them (or 5.2 million people) don't know it! Take this test to see if you are at risk for having diabetes. Diabetes is more common in African Americans, Latinos, American Indian and Alaskan Native, Asian Americans, and Pacific Islanders. If you are a member of one of these ethnic groups, you need to pay special attention to this test.

To find out if you are at risk, write in the points next to each statement that is true for you. If a statement is *not* true, write a zero. Then add all the points to get your total score.

1. My weight is equal to or above that listed in the chart.	Yes	5	_____
2. I am under 65 years of age <u>and</u> I get little or no exercise during a usual day.	Yes	5	_____
3. I am between 45 and 64 years of age.	Yes	5	_____
4. I am 65 years old or older.	Yes	9	_____
5. I am a woman who has had a baby weighing more than nine pounds at birth.	Yes	1	_____
6. I have a sister or brother with diabetes.	Yes	1	_____
7. I have a parent with diabetes.	Yes	1	_____
TOTAL			

Scoring 3-9 points

You are probably at low risk for having diabetes now. But don't just forget about it – especially if you are a Hispanic/Latino, African American, American Indian and Alaskan Native, Asian American, and Pacific Islander. You may be at higher risk in the future.

Scoring 10 or more points

You are at a greater risk for having diabetes. Only your health care provider can determine if you have diabetes. At your next office visit, find out for sure.



At-Risk Weight Chart
Body Mass Index

<i>Height</i>	<i>Weight</i>
<i>In feet and inches without shoes</i>	<i>In pounds without clothing</i>
4' 10"	129
4' 11"	133
5' 0"	138
5' 1"	143
5' 2"	147
5' 3"	152
5' 4"	157
5' 5"	162
5' 6"	167
5' 7"	172
5' 8"	177
5' 9"	182
5' 10"	188
5' 11"	193
6' 0"	199
6' 1"	204
6' 2"	210
6' 3"	216
6' 4"	221

If you weigh the same or more than the amount listed for your height, you may be at risk for diabetes.

Diabetes Facts You Should Know

Diabetes is a serious disease that can lead to blindness, heart disease, strokes, kidney failure, and amputations. It kills almost 210,000 people each year.

Some people with diabetes have symptoms and some do not.

If you have any of the following symptoms, contact your doctor:

- Extreme thirst • Frequent urination • Unexplained weight loss

For more information on diabetes, call 1-800-Diabetes (342-2383) or visit www.diabetes.org.

The information contained in the American Diabetes Association (ADA) web site and this risk test is not a substitute for medical advice or treatment, and the ADA recommends consultation with your doctor and health care professional.

YMCAs currently offering the DPP in Washington:

Auburn Valley YMCA

www.auburnvalleyymca.org 253-833-2770
Contact Katie Koblenz : kkoblenz@seattleymca.org

YMCA of Tacoma Pierce County

www.tacomaymca.org 253-853-9622
Contact Susan Buell : sbuell@tacomaymca.org

Wenatchee Valley YMCA

www.wenymca.org 509-662-2109
Contact Hillary Conner : hillary@wenymca.org

YMCA of the Inland Northwest

www.ymcaspokane.org 509-838-3577
Contact Keats McGonigal:
kmcgonigal@spokaneymca.org